

Cardiovascular Disease Mortality and Risk Factors

in the Central District Health Department Region



Central District Health Department

Counties: (Hall, Hamilton, and Merrick)
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Although not statistically significant, age-adjusted mortality rates for each of the four CVD related causes of death in the Central District Health Department region are lower than those for all Nebraska residents. Consistent with adults in most Nebraska health districts, males, compared to females in the Central District region are less likely to consume five or more servings of fruits and vegetables daily, less likely to have health care coverage (among those 18-64), and more likely to smoke cigarettes. Positively, of the 18 local public health departments presented in this report, residents of the Central District region rank second lowest in diagnosed high blood cholesterol (among those that have ever had it checked) and diagnosed high blood pressure (although these differences are not significantly different from the state as a whole). However, in contrast, adults of the Central District region, aged 18-64 years, rank 14th highest (out of 18) in no health care coverage at 14.8%, which is significantly higher than the 11.7% for the entire state.

Regionally specific supplement to:

Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions. Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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Full copy available for download at: <http://www.hhs.state.ne.us/cvh>

Central District Health Department

Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Hall, Hamilton, and Merrick	36.7 years	H.S Grad / GED or higher	83.6%	Number	Percentage
Total population	Median income	Baccalaureate / Graduate degree	16.2%	White, non-Hispanic	62,003 87.2%
71,141	\$37,192			Minority	9,138 12.8%

Source: 2000 Census

Mortality and Risk Factors

Mortality Due to Cardiovascular Disease Among Residents in Central District Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) ^d
	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	
Total Cardiovascular Disease	1,208	277.7	15.7	568	338.1	27.8	640	230.4	17.9	1.47 ⁺
Heart Disease	890	205.7	13.5	436	258.9	24.3	454	163.5	15.0	1.58 ⁺
Sudden Cardiac Death	442	101.0	9.4	228	136.6	17.7	214	73.9	9.9	1.85 ⁺
Stroke	245	55.7	7.0	103	61.2	11.8	142	51.0	8.4	1.20

Source: Nebraska Vital Records

⁺ The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

Risk Factors for Cardiovascular Disease Among Adults in Central District Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) ^d
	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	
¹ Current Cholesterol Screening	590	63.4	4.7	225	60.6	7.5	365	65.8	6.0	0.92
² Diagnosed Diabetes	1,128	5.9	1.4	409	6.1	2.4	719	5.8	1.7	1.04
³ 5-a-day Consumption	710	19.2	3.4	243	14.7	5.2	467	22.5	4.4	0.65 ⁻
⁴ Diagnosed High Blood Cholesterol	435	24.3	4.5	159	23.7	7.3	276	24.9	5.7	0.95
⁵ Diagnosed High Blood Pressure	606	19.5	3.4	230	20.3	5.4	376	18.9	4.3	1.07
⁶ No Health Care Coverage, 18-64	840	14.8 ⁺⁺	3.0	314	19.5 ⁺⁺	5.5	526	10.8	2.9	1.81 ⁺
⁷ Obese	1,068	20.2	2.8	404	22.2	4.5	664	18.5	3.3	1.20
⁸ No Leisure Time Physical Activity	965	28.4	3.4	337	29.2	5.9	628	27.7	4.0	1.05
⁹ Current Cigarette Smoking	1,128	20.6	2.7	409	24.8	4.7	719	17.2	3.1	1.44 ⁺

Source: Nebraska Behavioral Risk Factor Surveillance System

⁺⁺ The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

⁻⁻⁻ The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

⁺ The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

⁻ The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

^a Documented number of deaths from each cause between 1999 and 2003

^b Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

^c Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

^d Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

^e Non-weighted sample size for each risk factor

^f Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

¹ Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

² Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

³ Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

⁴ Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

⁵ Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

⁶ Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

⁷ Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

⁸ Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

⁹ Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days